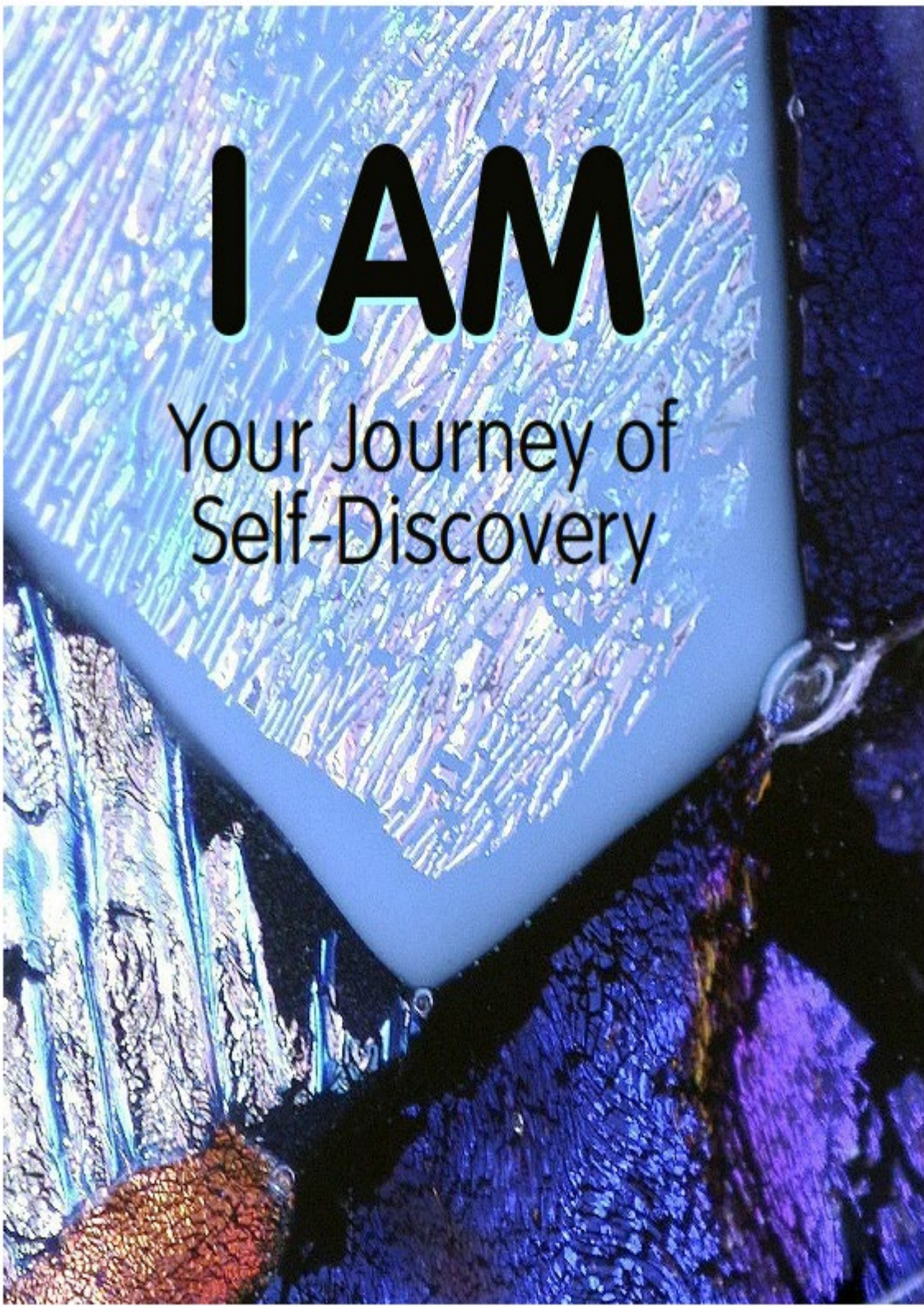




I AM

Your Journey of
Self-Discovery

BRENDA HAMMON

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ISBN: 978-0-9940523-3-9

NOTE DISCLAIMER: This workbook is intended for personal use only, it is NOT a replacement for Professional guidance or therapy. Its sole purpose is to help you to gain insights into yourself. After using this workbook if you feel you need help in unravelling things in your life then seek a professional who can help you.

BREATHING EXERCISE: If you are suffering from any lung issues, then only do the breathing exercise to your comfort level. Consult your doctor before proceeding.

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Whereas in this workbook when it asks you to call on your Divine, please use whatever religious beliefs or spiritual guidance that you normally use in your life. This book is not intended to change how you practice your beliefs, it is merely to ask you to call on whomever or whatever you use in your life.

ACKNOWLEDGEMENTS

I would like to thank Eveline Garneau, owner of Signworks Plus in Edmonton, Alberta for helping me create the designs that are used in this workbook. She is a talent that I frequently use to create the things that I do. Without her help I would be lost.

I would like to thank Thyra Whitford, owner of T.K. Enrichment Studio in Calgary for letting me use her breathing technique and Naked in the Mirror exercise from her book 'A Reference Guide for Empaths' and for using her Energy cards for the exercises to go with the designs. Your help and guidance has helped me more than you know.

I would like to thank Susan Isaac owner of Shards Glass Studio in Sooke, B.C. for the custom-made Chrysalis Pendant called 'I AM' which is used to grace the cover of this workbook. Susan you captured the essence of me in this beautiful pendant.

Lastly, Bud Portwood, my husband and biggest fan. Without you standing by my side and having my back I am not sure where I would be. Your encouragement and understanding helps me to stay focused on the path that has been chosen for me. I love you more than you could possibly know.

INTRODUCTION

I hope that you enjoy the journey you are about to embark on, the controls are in your hands to be able to use this workbook to it's fullest capacity. Is it going to be easy, probably not, but so worth it in the end.

This workshop is for you to learn how to see yourself through 'your' clearer eyes and not the eyes of someone else.

It does not matter if you have suffered abuse of any kind or just need clarification on where you are going, the journey is the same but your path will be very different from someone else's path.

Our body as well as our brains, hold onto all kinds of emotions and feelings which includes trauma. Through this book you will see that exercises are aimed at certain organs in your body. These exercises help you to release any unwanted feelings and emotions that may be held within your body.

The methods to help to clear your mind and relax are the same throughout the whole workbook. Once you have learned how to do them, then apply it to every exercise.

How to clear your mind

Find yourself a nice and quiet place, sit down and relax, make yourself comfortable. Whether you are inside or outside doesn't matter, what matters is that you are where you need to be to find your quiet.

Breathe: breathe in deeply into your body, pulling the air past that spot in your chest where your breath wants to stop.

For me it was the middle of my chest just above my heart.

As you pull the breath down to your belly button try to keep your throat relaxed letting the air bounce off the back of your throat and down into your lungs. You will have to keep your tongue relaxed in order to do this.

When you have filled your body full of air then hold it for as long as you can without getting tense, maybe four or five seconds. Then slowly release the air out of your mouth pulling the air up from the bottom of your belly button and pushing it slowly up, releasing it out into the universe. When you have expelled all the air you can, once again hold, try not to breathe in any air for a few moments then slowly inhale again, repeating the process.

This will take a few times before you are comfortable with it.

As you are releasing the air from your body visualize all negative feelings and thought leaving your mind and your body with the stale air. Imagine that those feelings are landing at your feet. With one hand make an infinity figure (a figure 8) by your feet with a small flame, and those feelings and thoughts are being deposited into the flame.

Notice the color of your flame. It may change color as you release these emotions and you are clearing your mind.

As you do this the constant chatter in your brain will fade into the background. When that happens you are ready for your journey to begin.

'Old prejudices take a long time to die before new insights can appear.'

Brenda Hammon

1. Ryks - Quest for Your truth

*Quest for your truth or “victim” beliefs
that stand in the way of who you are here to be.*

Words and how they are used determine much in a person's personal journey.

ALLOW the healing power of positive words. Speak only truthfully and lovingly to yourself.

REFRAIN from using negative words toward yourself and others, such as angry or judgmental words or sharing a defeatist or destructive attitude or belief system.

Clear your mind (remember the ‘How to clear your mind Exercise’)

Light a candle and imagine the flame is the gateway to your Creator.

Request Divine Assistance to help you on your Journey of Self-Discovery. Ask for help in shifting your negative language.

On the following page you will find your first exercise in helping you to fully understand the essence of you. Color how you see yourself.

While you are filling in your essence into the design, write on the page your thoughts and feelings while doing this. Be true to yourself and try not to criticize what you are feeling and thinking for this is part of the journey of awareness.

Your thoughts and feelings

Were you feeling nervous or excited, sad or happy, silly or proud, there are no wrong answers. Be Brave.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Confidence

2. Harpsen - Expectations

*Negative phrases past spoken or expectation of negative
words not yet spoken*

Clear your mind (exercise on How to Clear your mind)

Focus on your ears and imagine what the energy field of your ears feels like, the sounds, the silence.

Imagine the cells within your ears are coming ever so slightly apart from one another making room for your helpers, your guides or angels.

ALLOW all the messages from your Angels (high pitched ringing in your ears) and your body (breath, gurgles and heart beat) to be heard now as it is divine intended.

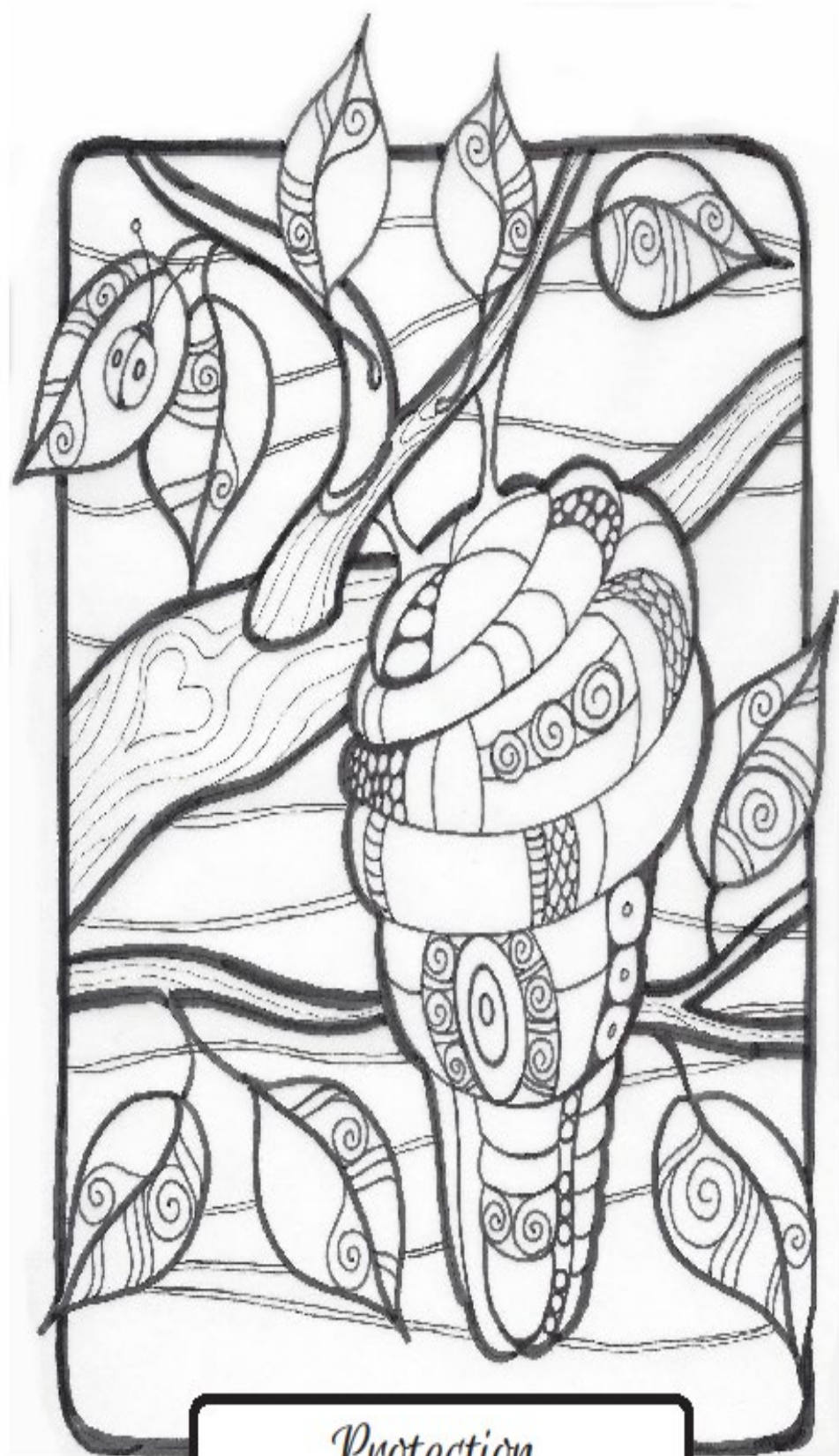
Set the intention that all healing meant for you at this time be deposited so you may access it when the time is right, and that anything which no longer serves you within your ears (past and present words) will now be released.

Focus on the cocoon design, you are sheltered and protected within its walls. While you are filling your unique rhythm of hearing, write on the page your thoughts and feelings while doing this. Listen to what your mind and body are saying to you, listen to your guides.

Your thoughts and feelings

Were you hearing, positive or negative words.

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Protection

3. Sleeah - Brain

Resistance to systems and patterns in place.

It can hold resentment toward control

Clear your mind (exercise on How to Clear your mind.)

RELEASE all the negative energy that is currently cluttering and taking up space in your brain structure and brain matter that no longer serves you.

Set the intention that your brain will RELEASE resistance and resentments. Quiet your system, consciously ALLOW all Divine help to come to you, to seep into your brain rebuilding and repairing as intended at this time.

ALLOW this healing to increase your brain's functionality and enhance all physical and metaphysical gifts.

Focus on the emerging butterfly, feel yourself coming out of the cocoon and wanting to spread your wings.

While you are filling your new ideas about you and your new journey, write on the page your thoughts and feelings while doing this. Look and listen for your new thought process. Embrace it.

Your thoughts and feelings

What were you thinking and hearing in your brain as your resistance pattern and what did you feel as your new acceptance?

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Emerging

4. God Code - Nervous System

*Negative belief systems, often around family and friends,
or old resentments never rectified.*

Clear your mind (exercise on How to Clear your mind.)

Call your attention to your nervous system.

Feel each of the nerves as they travel from the brain all through your body.

When you can feel your brain and the nerves tingling through your body, take a nice, slow, deep breath. ALLOW all the healing and awareness to enter into your nervous system.

With your exhale, RELEASE all that no longer serves you.

Becoming aware of your body functions brings healing.

Your thoughts and feelings

What were you feeling in your body, were you feeling old beliefs resolving, were you feeling more confidence in who you are? What surfaced that surprised you?

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5. Bryden - Skeletal System Healing

*Resistance toward structure. It may
also hold deep unresolved anger
towards a parent.*

Clear your mind (exercise on How to Clear your mind.)

At this time you are being called to focus on your skeletal system.
Close your eyes and breathe slow and deep breaths.

Spend time focusing individually on each of your bones, cartilage
and teeth, then on your spinal and cerebral fluid.

Focus until you can feel your skeletal system.

This could feel like a tingling, heaviness or a temperature change.

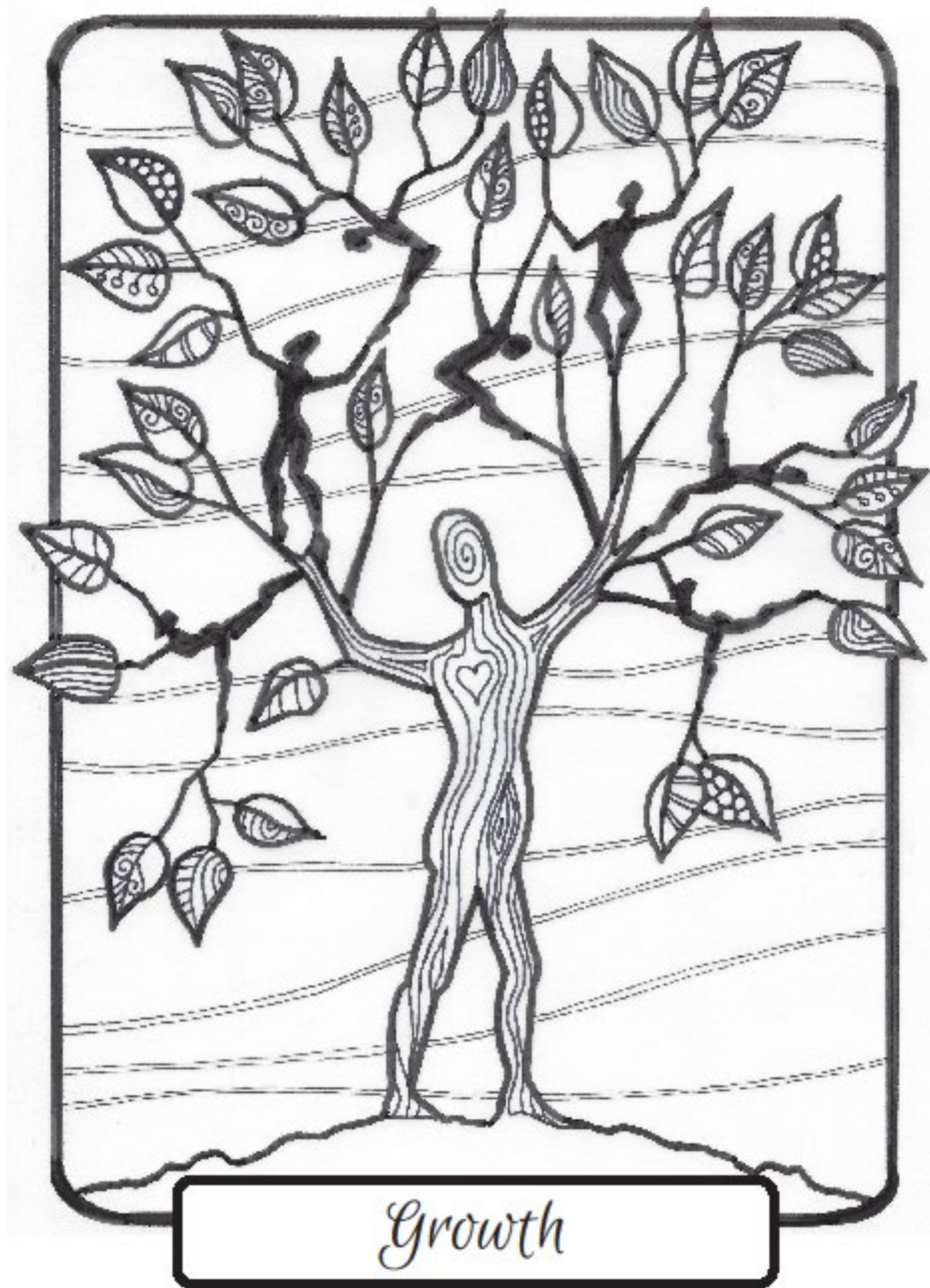
ALLOW all healing and awareness to come to this system. With a
deep and slow exhale, RELEASE all negative energy that you have been
holding onto.

Skeletal healings are most effective done in a warm bath. Epsom
salts may be added for assistance.

Your thoughts and feelings

What did you feel in your body? Did you feel resistance to old beliefs that people told you about who you were supposed to be? Did you feel anxious or peaceful?

[illegible]



6. Ppes- Kidneys

*Anger and the blaming of others for
your misfortunes.*

Clear your mind (exercise on How to Clear your mind.)

Words and how they are used determine much in a person's journey.

ALLOW the healing power of positive words and language to assist you. Refrain from using negative thoughts and language toward yourself or others.

Know that, just like you, most people don't choose to do things poorly or be hurtful.

When we are triggered or bothered by others actions or lack thereof, it is time for us to do more for ourselves.

Look within. Find love and acceptance of yourself. Repeat these affirmations and address all negative chatter with loving positive truth:

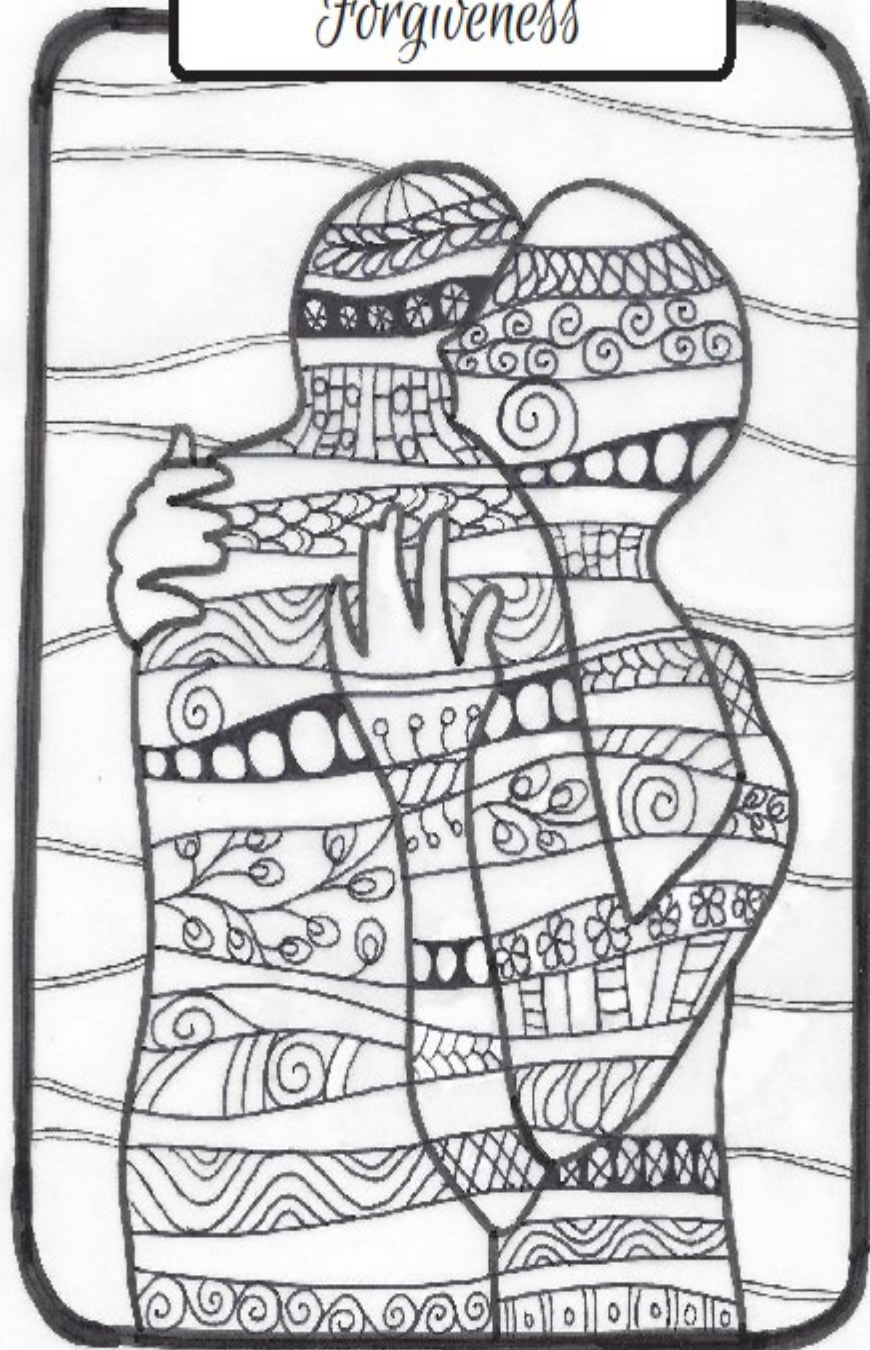
I am DESERVING. I am WORTHY. I am LOVING. I am LOVABLE.

Your thoughts and feelings

What was the chatter in your mind, were you hearing other people's words or your own words? For every negative word you heard from the past did you believe them? Did you work on replacing those old beliefs with your new belief about yourself?

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Forgiveness



7. 9th Dimension Healer - Hypothalamus, Pituitary Gland, Pineal Gland

*Resentment towards your own physical body,
towards religion or spiritual connection, and/or
toward seeing the world as it is, may be contained here.*

Clear your mind (exercise on How to Clear your mind.)

Call on your helpers from the Divine, whether is it Angels or some other guidance that you use, to come now and assist you.

Imagine the cells of these glands are coming ever so slightly apart from one another making room for your Helpers.

ALLOW your Guides and Helpers to release their healing and wisdom into these glands and to take with them anything that no longer serves you.

Often, Divine information comes through these glands. This may cause sudden and extreme pressure. It can feel like a migraine or create a great desire to sleep.

Set an intention to collect this wisdom within you now, to access it in its entirety when the time is right, as Divine intended.

Your thoughts and feelings

How do you see yourself at this time?

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Freedom



8. Focus – Liver, Stomach, Pancreas, Gall Bladder

*Patterns of destruction, volatile emotional reactions
and anxiety toward change may be embraced here.*

Clear your mind (exercise on How to Clear your mind.)

When you focus on all that is NOT working, that's all you will see, thus, that's all you will bring in.

Focus on the service of doing what you love rather than spending time in fear.

ALLOW yourself to see all the beautiful people and events that continue to be, even through adversity. Focus on all you have wanted and received or achieved.

Allow your liver, Stomach, Pancreas and Gall Bladder to RELEASE memories and emotions that no longer serve you to hold onto.

You are NOT alone. Divine balance remains intact always.

It is **never** all bad.

Your thoughts and feelings

How do you see your life, is your cup always half empty or half full?

Write down what is good about your life and what is good about you. Repeat that ten times a day until you finally believe it.

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Wisdom

9. nea - Digestive System

*“Lack” mentality, the justification of hoarding, unresolved processing,
or the fear of being invisible.*

Clear your mind (exercise on How to Clear your mind.)

Focus on your digestive system. Place your hand on your lower abdomen. Close your eyes and imagine Divine Light is cascading upon and through this system.

(I usually visualize that Divine Light is entering into my body through the top of my head, my crown chakra.)

ALLOW this Light's Divine wisdom, and unconditional love to nourish each cell with exactly what you need at this time.

RELEASE to the Light all that no longer serves you.

Implementing energy work with the digestive system may cause an emotional or physical release. This is normal and your body's way of saying it's working for you.

If you are further guided, by your Guides, that you use a water cleanse and food fast for 17 hours may be beneficial.

If you think, wow 17 hours is too long, just think of it as having to fast before blood work for your doctor, but this time you can drink lots of water. You can do only 12 hours if you wish. If you are diabetic then do whatever length you can. Do not cause yourself harm with low blood sugar levels.

This is your choice to do or not to do.

Your thoughts and feelings

How do you feel? Do you feel lighter, did you feel a shift of any kind no matter how big or small?

[illegible]



10. Core Gateway - Heart

Imbalances of giving and receiving may be held here.

It can also contain the feeling of not being worthy or important.

Clear your mind (exercise on How to Clear your mind.)

With a deep and slow inhale, breathe in Divine Wisdom and Healing.

ALLOW Source Energy (this can be from your creator) to come in and cleanse your heart and the energy around your heart.

With a slow and complete exhale, RELEASE all which is no longer needed.

Often we are called to heal the heart when we are in transition. This could be changing jobs, moving, a shift in friendships or relationships, etc.

Today do 5 nice things for yourself. Think of 5 nice things that have currently happened to you.

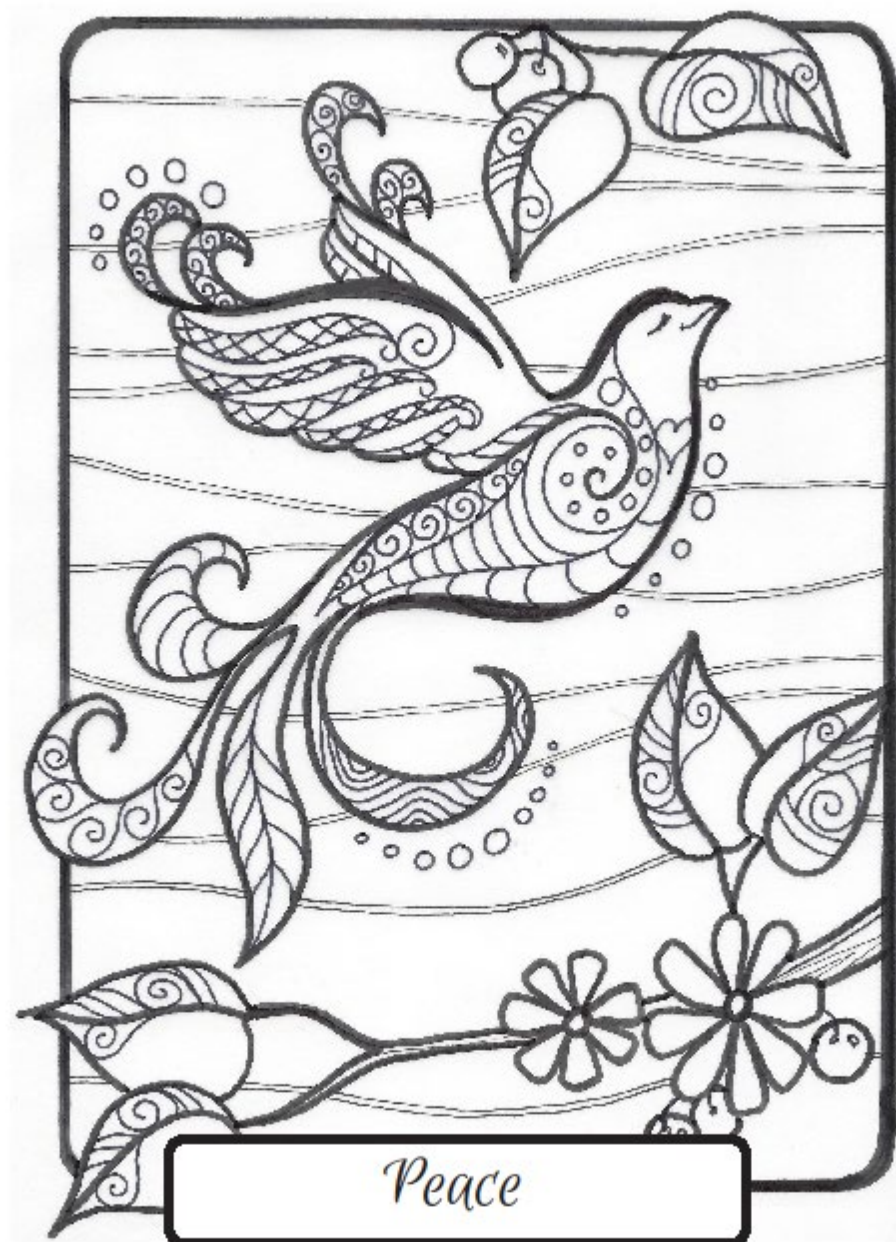
Now do 5 nice things for someone else.

Be mindful of how this act also serves you.

Your thoughts and feelings

How do you feel about yourself and your life at this time? What 5 nice things will you do for yourself and others?

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Peace

11. Fertility Guide

*There is a blocked desire to procreate, to grow
your business or to enhance the ability to earn more income.*

Clear your mind (exercise on How to Clear your mind.)

Procreate: ALLOW yourself to see any old belief systems that may be stopping your body from bringing in a child. (Money, weight, fear, anger.....) This doesn't override a diagnosed medical condition.

When they no longer make sense to hold onto, RELEASE them with a long exhale.

Focus and feel every cell of your reproductive system until it tingles, then ALLOW healing in.

Business/Money: Look at personal insecurities and fears of growing your business that may be standing in the way of this success. (Education, workload, time)

Change what you can. When unrealistic expectations no longer makes sense to hold onto, RELEASE them with a long exhale.

ALLOW all forward changes to come with ease and grace.

Your thoughts and feelings

How do you feel about your job? Are you making the most of your employment, are you happy or disgruntled. WHY? What can you change about how you view your job and/or income source to better serve you?

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United

12. Vlim - Body regeneration and reconstruction

Help your body to heal and rebuild.

Clear your mind (exercise on How to Clear your mind.)

Invite Divines' creative power in. This energy will assist in healing, mending and repairing any physical damage from the past and present within your body.

Call your Guides and Angels to come now and assist you. Imagine your cells are coming ever so slightly apart from one another making room for your Helpers.

ALLOW these Angels and Guides (or whomever you use) to release their healing and wisdom into your system and to take with them anything that no longer serves you.

RELEASE all expectations and go "neutral".

Naked in the Mirror Exercise: Find time within the next five days in a row to do this exercise. Be Honest but not critical of your body. Repeat the exercise if you haven't found love for those areas you dislike, continue until you finally love all of you for all of your true beauty is within you.

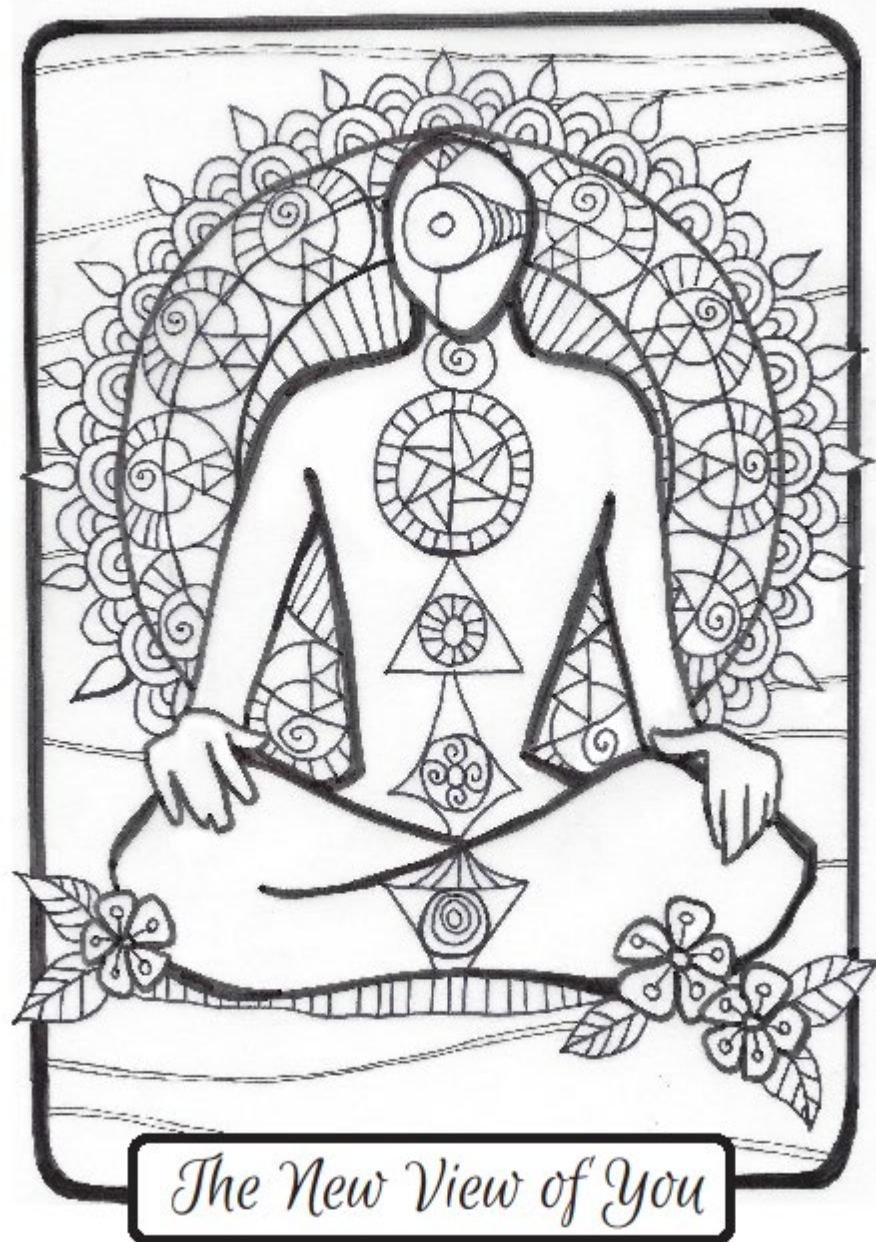
Find a full-length mirror or the next best thing you have. Stand in front of it naked, now look at your body with your new eyes. Tell yourself out loud as you look at you, what you love about your hair, face, eyes, continue on down to every part of your body. Tell yourself everything that you love about each of your parts. *Remember there is always the fundamental nature to love all parts of the body.* Should you not like the way that body part looks today, **don't' lie!** Instead, focus on the activities it allows you to do, or the functions it performs. IE: your arms hug your loved ones, or my eyes see the beautiful flowers, my thighs move freely, etc.

Each day work at building a relationship of understanding and acceptance of that area of your body that you don't like, the more you do this, the more you will learn to completely love your beautiful and hard-working body.

Your thoughts and feelings

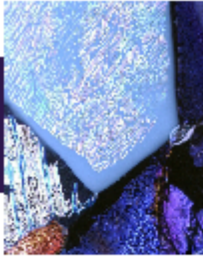
How do you NOW feel about yourself?

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The New View of You

About the Author



BRENDA HAMMON

I am an ordinary woman who is a wife, mother, grandmother, author, mentor, entrepreneur and so much more. My second husband and I own a successful Lifestyle Protection Insurance Business, called Spirit Creek Financial and we live on a farm in the Alberta Beach, AB area with lots of horses, dogs and cats - all keeping us hopping.

I am the author of my own true story: ***"I can't hear the birds anymore"*** and ***"I AM"***. The beginning of ***"I can't hear the birds anymore"*** is told from a child's point of view regarding being sexually molested and raped at the age of five years old and how it affected her life. The story progresses into adulthood and how the past events affected the decisions I was then making and how I was going to try and survive a dysfunctional marriage and a murder contract.

I AM

The sequel book - ***"I AM"***, is a story about me as a woman on my journey through the very turbulent and murky waters of the dying marriage to a husband with a sexual addiction, with haunting images and prejudices from my past that have a strangle hold on my being. It is told from a grown woman's perspective with the story weaving the reader through my life's triumphs and failures, determinations and strong resilience and my belief that there was a better life out there waiting.

The proceed from the sales of my book, ***"I can't hear the birds anymore"*** are used to purchase more books that are donated to Women's Shelters where the need for change in their lives is great. To date, books have been donated to various shelters across Alberta and British Columbia.

